

Practice 12.

SEXUAL QIGONG

Health, Happiness And Better Orgasms Through Qigong

The Purpose:

Understanding the relationship between your energy system and your sexuality allows you to convert the power and drive of sex/Jing into cultivating your spirit/Shen. When practiced with a partner it can lead to more satisfying, longer lasting sex, and greatly add to your health and vitality.

Overview and Explanation:

Sex is one of the most compelling and perplexing aspects of life, and one of the most mysterious natural forces. It is part of our innate biology, and can generate excitement, confusion, passion, depression, love, sadness, compulsion, joy... Every human emotion is involved with sex, and yet we have very little understanding of it.

It is also a fundamental and primary aspect of health. All of the endocrine glands are involved in regulating the body's metabolism, and these are affected during sexual arousal. Correct function of the pineal, pituitary, thyroid, thymus, adrenals, pancreas, ovaries and testicles are all necessary for health.

Sexual Qigong practice can help with such common sexual dysfunctions as impotence, premature ejaculation, anorgasmia, frigidity, pre-menstrual symptoms, menstrual problems and menopause.

Sexual ignorance, misuse and abuse is one of the primary causes of dissatisfaction and problems in people's lives. One of the major problems in the West is that we do not understand or recognize it as being related to our energy system, or our Qi. In the West we have known almost nothing of the energetic foundation of sex, because we have never understood the energy system - it is all just some strange kind of "magnetic attraction". Include our energy system in the picture and suddenly everything begins to make some more sense. Trying to understand sex without

including our energy system is like going to a foreign country without speaking the language and with no map. But Qigong can open up a new world of sexuality.

Sexual Qigong is well understood in the Oriental system. It is a form of Jing Qi, the innate energy a person inherits from their parents and ancestors, and is associated with your primary motivating energy, your biological animal level of being. This is one of the Three Treasures - Jing, Qi and Shen. The retention and cultivation of Jing is considered to be essential in order to progress to higher levels of energy and spirit. Whether you are single and alone, married for many years or with a passionate new lover, it is essential to understand and control your own Jing and know how to preserve it.

Jing Qi is different from other kinds of Qi for specific reasons. One reason is that it is sticky, like super glue, and bonds things together. It has to do this so that the cells in an embryo develop into a baby. It also sticks couples together, so that they form families to raise children.

Another characteristic is that it amplifies or magnifies emotions. Sexual relationships and love are some of the strongest bonds and motivations that exist between people.

Jing Qi is considered to be part of the Water element, and is related to the kidneys and bone marrow. The major associated organs are the penis and prostate glands in a man, and the vagina, uterus and mammary glands/breasts in a woman.

Men have Yang Jing. Women have Yin Jing. It is considered essential to preserve one's Jing as its loss comes at a substantial cost to one's overall energy resources and health.

Men are trained not to ejaculate except when they want to procreate, although they can still experience orgasm - but a different definition of what an orgasm is. In the Daoist system this is called The Valley Orgasm. This involves stepping up and increasing the power of the orgasm in a series of stages, so that it becomes a whole body orgasm.

Women are taught special techniques to preserve the energy of their menstrual flow, sometimes even stopping menstruation altogether because it is a way they can lose their precious Jing. This practice is called 'Slaying the Red Dragon'.

Developing the ability to practice Sexual Qigong requires training in how to master particular practices. It is not all just in the mind's ability to control and direct the Qi, it is also in developing the strength and power in the sexual tissues, pelvic muscles, and organs. There are specific practices known by such names as Scrotal Breathing, Ovarian Breathing, The Finger Lock, The Big Draw, The Cranial Sacral Pump, The Jade Egg... These practices are too complicated to describe here and, if possible, are best learned from a teacher, but they are described in excellent books by such teachers as Mantak Chia and Saida Desilet (see bibliography).

There are also a multitude of classical positions, practices and techniques that a couple can engage in, which have been found to have numerous health benefits and healing effects on particular organs and bodily systems.

Solo Cultivation and Dual Cultivation

There are two primary aspects to sexuality - Solo Cultivation, which is done on your own, and Dual Cultivation, which is done with a partner.

Solo Cultivation

For a single individual, who has no partner, it provides a way to work with their sexual energy and Jing Qi. People without a partner can equally cultivate and transform their sexual energy, once they know how.

Before engaging in Dual Cultivation it is necessary and essential to practice Solo Cultivation, in order to develop the strength and control required to practice with a partner.

The most important element in Solo Cultivation is not to lose or discharge your Jing, because it contains some of your most potent and powerful essential energy and fluids.

For the man this is the sperm, and there are a series of exercises which strengthen a man's ability and power to not ejaculate even though engaged in full sexual arousal and contact.

For the woman the Jing is contained in the ovum and the sexual secretions and fluids, and also in the blood that is regularly lost monthly in menstruation. A woman learns various exercises to strengthen the sexual organs and tissues.

The training is to learn how to take the energy of your own Jing, and to draw it up the governor channel on the midline of the back, to the higher centers and the brain.

Dual Cultivation

The energy interaction between a couple is called Dual Cultivation. The man has Yang Jing and the woman has Yin Jing, and in sexual contact these are exchanged. Dual Cultivation involves developing the skill and abilities to control the interplay and exchange of sexual energy.

One of the goals is to shift the attention from just a genital orgasm to a full body orgasm.

A man has to slow down his faster arousal rate to harmonize with a woman's slower arousal cycle.

This may involve a range of interactions - just thinking about someone, visual eye contact, being in each other's energy field, hugging, kissing, coitus, Jing Qi exchange.

Through consciously combining and exchanging Yin and Yang it is possible to transform the innate animal level of sex (Jing), to the emotional level (Qi), and on up to the spirit (Shen). Qigong allows for the development of sexuality from the primary biological level, through the emotional level, to the cultivation of the spirit. This is a most valuable and important skill to learn. A couple can spend a lifetime of Dual Cultivation together.

Indeed, it is not even necessary to make physical sexual contact to have this essential balancing and equalizing Yin-Yang energy exchange, if a couple know how to practice and circulate their energy together. This ability can satisfy the primary needs usually only found through intercourse. It can by-pass the many negative aspects of sex and help save people the enormous

personal and social turmoil and complications that often goes along with it. Indeed, it could be that sex is just a way, an excuse, for people to exchange Jing Qi together. Qigong can be the ultimate form of safe-sex.

At its best, sex is an act of love. Sex without love is like seasoning without the food - it may be hot and spicy, but it doesn't nourish you, and it can leave a funny taste. The most essential aspect of sex with a partner is that there is a very specific energy exchange that takes place, it is exchanged from each partner to the other and this serves to "balance out" each one. This is perhaps the most compelling aspect of sexuality, and the aspect that drives people to it.

In the broadest sense women are Yin and men are Yang. Yin and Yang balance and complement each other. The interplay of Yin and Yang energy is the basis of sex.

Men need Yin to balance their Yang

Women need Yang to balance their Yin

However, as the significant portion of society that is homosexual attests to, these balances also operate within same-sex relationships.

If these abilities are not developed then it is like letting fruit on the trees decay and rot, or having a wonderful garden but not looking at and enjoying the flowers, or it can lead to compulsive constant search for new partners. Without the awareness that sex is a form of energy exchange it can become a meaningless, emotionally unfulfilling and even draining activity. It can drive people to incessantly seek multiple partners with never any satisfaction, or cause compulsive addiction, with all of the attendant problems and dangers.

Not only can Sexual Qigong stop unnecessary confusion and pain, but it can also bring one of our greatest treasures into full fruition and provide us with the means to preserve and nourish that most desirable thing - our higher Love.

If only for this reason it would be well worthwhile taking the time and energy needed to learn all of the foregoing practices.

Qigong is the foundation of a developed level of sexuality, and answers many of the unresolved questions about this most important aspect of ourselves.

Thankfully, there are an increasing number of books now becoming available on Taoist sexuality.

As more and more people learn the basics of energy control, circulation and exchange, it may very well be that Qi becomes the aphrodisiac of the future.
